



Branching Out

Creating Connections to End Sexual Violence

Fall 2016

Volume 10, Issue 2

A Busy End to a Busy Year

By Samantha Sustachek



Sexual Assault Services (SAS) staff are preparing for a busy end to 2016. A number of special events for clients, volunteers, and community partners alike are in the works for the last three months of the year.

SAS recently hired a new therapist (meet her on page 3) who, in addition to being trained to work with sexual assault survivors, also happens to be a licensed Substance Abuse Counselor (she is also bilingual in English and Spanish!). This month, she began offering a support group new to SAS, called Seeking Safety. Seeking Safety is a present-focused, evidence-based, cognitive-behavioral group which focuses on post-traumatic stress disorder and substance abuse. The curriculum was created for individuals who are struggling with substance abuse and have experienced trauma. At SAS, Seeking Safety approaches substance abuse as a maladaptive coping mechanism for sexual assault and focuses on helping group members develop better coping skills. We are excited to welcome a new staff member and to be able to offer this new group.

In addition to Seeking Safety, SAS also began a group for adolescent female survivors of sexual assault. The Adolescent Girls Survivor's Group is a support group for teenage girls who have experienced sexual assault or sexual abuse. The group engages in activities, craft projects, and discussion, which allows the participants to connect with other girls who understand their feelings and situations. SAS typically runs this group once per year, and we receive very positive feedback from the girls who participate.

Although it is too late to add additional clients to either group at this point, rest assured SAS will offer them again in the future. Please feel free to refer group clients to us at any time. We maintain a waiting list for the different groups we offer and will call everyone on a given list and invite them to participate when we are ready to start a new group.

SAS is also adding to our strong team of Volunteer Advocates this fall. SAS Volunteer Advocates are trained to answer our 24-hour crisis line (262-637-7233) and respond to the emergency room when a survivor of sexual assault presents for evidence collection and/or an exam. Volunteer Advocates provide support and information to survivors. Volunteers must be 18 years of age and have access to a motor vehicle. No other experience is necessary, as SAS provides a comprehensive 18-hour training in sexual assault, crisis response, listening and communication skills, and community resources. We welcome any and all interested individuals to call for more information. Both males and females can volunteer, and bilingual (Spanish-English) volunteers are also needed. Although we are currently in the middle of a volunteer training, please contact our office if you are interested in learning more about the program or know someone who would make a good volunteer. We try to hold trainings quarterly, so it's only a matter of a short amount of time before a new training gets underway.

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Legislative Update

By Vicki Biehn

In January of 2017, the Wisconsin state legislators will begin to work on the new legislative session. The first item on the agenda will be the two year budget. The Wisconsin Coalition Against Sexual Assault (WCASA) and End Domestic Abuse Wisconsin (EDAW) will once again hold a legislative advocacy day in March of 2017. This is a day where advocates, survivors and other concerned citizens will be able to talk with their representative to discuss concerns about the budget and other legislation that may arise during the upcoming legislative sessions. In the past, Sexual Assault Services of Lutheran Social Services (SAS) has attended this advocacy day with staff, survivors, and volunteers.

WCASA is still currently working on their 2017-18 legislative agenda. Some of the possible areas of interest for the upcoming session include the following:

1. Sexual Violence Prevention

Advocate for legislation and/or administrative policies providing for effective sexual violence prevention in schools, child sex abuse prevention, and for sexual violence prevention education that promotes healthy sexuality.

2. Sexual Assault Services

Advocate for increased funding for the Sexual Assault Victim Services grant program, which would increase funding to the sexual assault service providers in the state.

3. Statute of Limitations for Child Victims (civil suit)

Advocate for legislation and/or administrative policies that expand or abolish windows within which a victim of sexual assault as a child can bring a civil suit against the perpetrator.

4. Statute of Limitations for Adult Victims (criminal case)

Advocate for legislation and/or administrative policies that expand or abolish windows within which to report a sexual assault on an adult to law enforcement and begin a prosecution.

5. Cost Beyond SANE Exam

Advocate for legislation and/or administrative policies that would provide additional ways in which the state can help cover the costs sexual assault survivors incur beyond the forensic exam.

6. SANE Shortage

Advocate for legislation and/or administrative policies that expand the availability of medical forensic examiners and exams throughout Wisconsin, such as through mobile SANE programs, as well as recruitment and retention efforts.

7. Sex Trafficking

- Advocate for legislation and/or administrative policies that would reduce or eliminate sex trafficking.
- Advocate for legislation and/or administrative policies that would prevent sex trafficking victims from being charged with crimes committed as a result of being trafficked (immunity).
- Advocate for legislation and/or administrative policies that ensure sex trafficking victims receive services designed specifically for these types of child and adult survivors.

This article is a very general update, so if you would like more detailed information on this legislation or on the legislative process, please contact Vicki Biehn at 262-619-1634 or vbiehn@lsswis.org or Dominic Holt from the Wisconsin Coalition Against Sexual Assault at 608-257-1516 or dominich@wcasa.org.

--Vicki



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Thanks to some generous funding from our Victims of Crime Act (VOCA) grant, SAS will be offering several free workshops to clients and volunteers during the month of November. Center Yourself is a yoga workshop to be held on **Thursday, November 3, from 6:00-7:30 p.m.** Thanks to Ascension – All Saints for providing the space! Care For Yourself During the Holidays and Beyond is a self-care workshop offered during two different sessions: **Saturday, November 5, from 10:00-11:30 a.m.** and **Wednesday, November 16, from 6:00-7:30 p.m.** (content is the same at each session). Participants will learn stress reduction techniques and take home a self-care kit. The 11/5 workshop will be held at our office on Mound Avenue, and the 11/16 workshop will be held in Burlington. Space is limited for all three workshops, so if you know of clients who might be interested, they should contact us and register right away (262-619-1634 or vbiehn@lsswis.org).

Finally, on **Thursday, December 1**, SAS is offering a free training for community professionals with Dr. David Lisak. Dr. Lisak will present a morning session on the neurobiology of trauma and an afternoon session on offender behavior. Participants can choose either session or stay for the whole day. To register, visit: <https://goo.gl/forms/IHgw14VkJHoHtTHx1>. We are so excited to be able to offer this opportunity free of charge to the community thanks to the generosity of the Aurora Better Together Foundation.

For more information about the SAS program, or any of our current and pending events, please call the SAS office at 262-619-1634 or email Program Supervisor, Samantha Sustachek at ssustachek@lsswis.org.

—Sam



Rompiendo la Barrera

Breaking the Barrier

By Annabell Bustillos

Have you ever wondered - what is the difference between Hispanic, Latin@ and Spanish? I think this is a question that leaves many of us scratching our heads. I know that it made me have to stop and think when my daughter recently asked me this question. I did some research and found a video by Kat Lazo, a YouTube personality, who explained the differences quite well, and I would like to break down the video in this article for anyone who has ever had this question.

So, what exactly is the distinction between being Latin@, Hispanic or Spanish? These terms are often used interchangeably, but in reality there are small differences of which many people are not aware. In the video Kat goes to the streets and asks the general public what they think are the differences between Hispanic, Latin@ and Spanish, and no surprise - many people do not know the answer. The video goes on to explain that Spanish people come from Spain. Like Italian, Spanish is a language but also a nationality says Kat. Hispanic, on the other hand, is a term that refers to people of Spanish speaking origin or ancestry. Hispanic is basically based on whether you or your family speaks the language of Spanish. Latin@ is used more frequently to refer to origin or ancestry to Latin America, and focuses more on geographic location. For example someone from somewhere in Latin America, like Honduras, is Latin@.

I really found this graph from the video very interesting because it breaks down Latin@ and Hispanic. Latin@ includes Brazil, because it is in Latin America, but does not include Spain, because Spain is not in Latin America. Hispanic includes Spain, because Spanish is spoken there, but does not include Brazil, because Spanish is not spoken in Brazil (Portuguese is Brazil's national language).



To sum it all up, Kat says, "It's important to remember that none of these forms of identity are perfect. And that's because they are socially constructed and mostly only used in the U.S. They also lead people to assume that Latin@ or Hispanic is a race, when that's not true."

I hope you have a better understanding of the terms Hispanic, Latin@ and Spanish. If not, feel free to check out the video on YouTube with the link <https://youtu.be/gS2tdjzla8Y>.

—Annabell



Meet Kari!

Hello, my name is Kari Wilder. I am so excited to join the Sexual Assault Services team. I am the new Bilingual Therapist and have been working at SAS since July of this year. I provide counseling to both English and Spanish speaking survivors and their support people at both the Racine and Burlington offices.

I was born and raised in Milwaukee County. I received my undergraduate degree from Marquette University where I majored in psychology and criminology and law studies and I obtained my Master's degree in Community Psychology from Alverno College. Prior to working at SAS I interned at Benedict Center in Milwaukee where I worked with individuals who have had some sort of contact with the criminal justice system and are struggling with substance abuse. While working at Benedict Center I obtained my Substance Abuse Counselor in Training license, which led to my interest in starting a new group at SAS called Seeking Safety. The curriculum for this group was created by Dr. Lisa M. Najavits for individuals who are struggling with substance abuse and have also experienced trauma. At SAS, Seeking Safety approaches substance abuse as a maladaptive coping mechanism for sexual assault. It focuses on helping group members develop better coping skills.

—Kari



Helping Hands

By Carla Pratt

One of the most vital parts of our program is our wonderful group of volunteers, a group of people who allow us to function as a program and serve sexual assault survivors in our community. Our Volunteer Advocates are on-call for 24-hour shifts, during which they respond to either Ascension—All Saints Hospital in Racine or Burlington Memorial Hospital in Burlington when a sexual assault survivor comes in for an exam, and in the eastern part of the county, they answer calls and support survivors on our 24-hour crisis line. One of our newer serving members of our Volunteer Advocate team is Alicia Mojica. Alicia is 22 years old and newly married yet she finds time for volunteering for SAS and another organization in her schedule.

*Hello,
My name is Alicia Mojica, I am originally from Los Angeles, California, but my family and I moved to Racine in 2003. I graduated from J.I Case High School, then went on to graduate with my bachelors from the University of Wisconsin-Parkside. I have a degree in Sociology with a minor in Spanish. I have 4 siblings, one who lives in Mexico and has two beautiful daughters, my youngest brother is currently serving in the Military, my oldest brother is studying to become an engineer and my sister is in her third year of high school. I have recently married my best friend Luis Mojica on August 13th, 2016. I met him while going to UW-Parkside, and we cannot wait to spend many years together.*

What do you think makes a person a good SAS Advocate?

I believe what makes a good SAS Advocate, is someone who is dedicated to serving their community in and out of the field. Someone who sees the need in the community and becomes an advocate. A SAS Advocate is someone who believes in helping those who have become victims and is willing to go above and beyond to help those individuals.

What is the most rewarding part of being a SAS Advocate?

I believe the most rewarding part of being an SAS Advocate is just being a listening ear for people who need someone to talk to. Sometimes they may not have anyone to talk to, so just being there for them could change the possibility of their entire day.

What is the most challenging thing about being a SAS Advocate?

The most challenging thing about being a SAS Advocate is trying not to get attached to the people you help. You can feel

their pain, their confusion and sometimes even their emotionless state, yet you can't really tell them everything is going to be okay, even if you want to. Even though being a volunteer is very challenging, it is probably one of the most rewarding experiences you can ever be part of.

Do you volunteer with any other community groups or agencies? If so, what do you do?

I am fortunate enough to be able to volunteer with a non-profit organization in Racine called Focus On Community, an agency that works towards the prevention of substance abuse in the community.

What do you do professionally?

I currently work for Educators Credit Union as a Lead ITM Agent.

What are some of your other interests and hobbies?

I really enjoy taking long walks in the evening and I love shopping.

Would you like to share anything about your family in general or how you being a SAS Advocate has affected your family?

As a SAS Advocate, I have been able to teach my family members about the different issues surrounding sexual assault. They know more about this issue, and they now know how they can help someone if they ever come across this situation.

Any other information you would like to share?

I just wanted to say that if anyone is ever interested in becoming a SAS Advocate, even though it may sound scary or you may not think you can become a great advocate, know that anyone can be an advocate and know that even the smallest thing can make the biggest difference to a victim.

If you'd like to take Alicia's advice and become a SAS Advocate, please contact the office (262-619-1634) for more information.

—Carla

SAS Program Statistics January—June 2016

Crisis Line Calls.....	45
Racine Hospital Visits.....	45
Burlington Hospital Visits.....	4
Legal Advocacy Sessions.....	9
New Counseling Clients.....	24
Counseling Sessions.....	500
Support Group Sessions.....	19
Community Presentations.....	33
CAC Appointments.....	73



Family Advocate

It is well known that the Racine County Child Advocacy Center (CAC) serves victims of child abuse by providing forensic interviews, exams and advocacy. A special population that is served includes children and adults with disabilities. This group of individuals is at particular high risk of sexual abuse due to various reasons including difficulties with communication, lack of information regarding sexual abuse, and dependency on others for personal care and basic needs. According to the Stop It Now website, "Children with disabilities are almost three times more likely to be sexually abused than non-disabled children, according to a review commissioned by the World Health Organization (WHO)'s Department of Violence and Injury Prevention and Disability."

The key to helping prevent sexual abuse in children, including those with disabilities, is to talk to your child to help reduce their vulnerability. It can be difficult for adults to think of children as sexual beings. This is especially true for children with disabilities, as people tend to think of them as asexual and are unsure how to approach the topic with their child. Here are some tips on how and what to talk to your child about:

1.) Sexual Development

All children need to know basic information including the differences between girls and boys. It is imperative to teach all children, including those with disabilities, the correct names for body parts. It is important to reassure the child that it is ok to ask these questions and to talk about sex.

2.) Privacy, personal space and boundaries

Teach the child that they have private parts that are their own and that no one else should be looking at or touching those parts. A common way used to identify these private parts is the areas that are covered by a swim suit. Also teach the child about privacy and that some things are to only be done in private. It is also important to allow the child to set their own boundaries about their space. For example, if they don't want to give someone a hug, do not force them to.

3.) Touching

When teaching children about touch it is often referred to "bad" touch versus "good" touch. This may confuse the child as some touches may not feel good but they are necessary, for example, getting a shot at the doctor. Also if the child does receive a "bad" touch they may think that this means they are bad. A better way to describe touching to a child is a "safe" versus an "unsafe" touch. Help them identify examples of "unsafe" and "safe" touches they may encounter. It is very

important to help the child understand that touching rules are for everyone (including them).

4.) Sexual Behaviors

It is necessary to familiarize yourself with the normal sexual behaviors for children based on their age level. Be aware that some parts of sexual development may coincide with the child's age but others may coincide with the child's emotional and cognitive development.

5.) Safety Skills

Teach children that it is ok to say "no" if something makes them feel uncomfortable. Help them practice multiple ways of saying "no" and help them identify safe people who they can go to if they receive an "unsafe" touch. Also teach children that no adult should ever ask them to keep a secret, and if an adult does, to tell another adult.

6.) Talking About Sexual Abuse

Talk with children about sexual abuse and what kinds of things are examples of abuse. Explain to the child that abusers don't have to be "stranger" but can be relatives, caregivers, teacher and others who they know.

All of these things can help keep children with disabilities safe from sexual abuse. Some of them may be difficult and may take practice to implement, but are important to taking steps to protecting the children in our lives that we care about.

—Christa

Adapted from the Tip Sheet: How To Talk to Your Child To Reduce Vulnerability to Sexual Abuse For Parents of Children With Disabilities. (www.stopitnow.org)



The Stop Child Abuse and Neglect (SCAN) program of Lutheran Social Services is in the running to benefit from Potawatomi Hotel & Casino's community program – *Heart of Canal Street*. Half of each \$3 or \$7 *Canal Street* Bingo game played goes to the *Heart of Canal Street* fund, which totaled more than \$1 million last year!

The program began in 1994 as a way to carry on the Potawatomi tradition of nurturing younger generations so they grow to lead healthy, productive lives. Since its inception, *Heart of Canal Street* has donated nearly \$16 million to hundreds of local children's charities.

Share your *heart* by playing the *Canal Street* Bingo game now through Dec.15. Visit paysbig.com/heart to learn more.





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Contact Us!

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Burlington, WI 53105
262-763-6226 Ext. 109

24 Hour Crisis Line: 262-637-SAFE (7233)
Spanish Crisis Line: 262-424-3134
Website: <http://www.sasoflss.org>

Stay Connected!



Join our News and Events email update list! Would you like to receive information on upcoming SAS events and volunteer opportunities? Email Samantha Sustachek at ssustachek@lsswis.org with "SAS news and events" in the subject line and she will include you in all SAS news and events related emails.

Sexual Assault Services seeks to create a safe and compassionate environment to help promote the healing of sexual assault survivors and their support people.

Sexual Assault Services is funded by United Way of Racine County, Victims of Crime Act grant, Sexual Assault Victim Services grant, Violence Against Women Act grant, the Wisconsin Coalition Against Sexual Assault, the Racine Dominican Mission Fund, the Racine Community Foundation, the Aurora Better Together fund and the support of generous local donors.